



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 44
Monday 2 August 2021



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TIM'S WALKER OF THE WEEK

44 year old VRWC walker **Mark Blackwood** is my Walker of the Week this time around. Walking in the Victorian 30km roadwalk championship at Middle Park on Sunday morning, he won with a time of **2:38:39**.

Mark came back to the club in 2017 after a break of nearly 20 years. He had his comeback race with us on 29th April 2017, recording 25:13 for 5km, and he has been improving year by year since then. But more recent members may not know that Mark was one of our top junior walkers in the 1990s. I rummaged through my records and found a number of National and State medals that he won in Open and Underage competition between 1992 and 1998, when he retired.

1992	Australian U16 1500m	1	6.26.04
1992	Victorian U18 8km	3	37.11
1994	Australian U18 3000m	2	12:42.76
1994	Australian U18 8km	1	38:10
1995	Victorian Open 15km	2	1.08.44
1996	Australian U20 20km	2	1:29:51
1996	Victorian Open 15km	1	1.09.39
1997	Victorian Open 15km	2	1.06.44
1998	Victorian Open 5000m	2	21:25

His best performances for 3000m (**12:00.0**, 1997, aged 19) and 20km (**1:29:51**, 1996 aged 18) still rank in our all-time lists.

This was his first 30km walk and he completed it in fine style. Well done, mate.



Mark Blackwood in action on Sunday morning at Middle Park (photo Terry Swan)

WHAT'S COMING UP

- Our VRWC Winter Season continues next Saturday 7th August with another round of roadwalks at Middle Park. Note that we have lost so much of the season that **the Committee has decided to make this round a PRIZES DAY. Prizes will be on offer to the winners (male and female) of each of the 5 races shown below.**

Saturday 7th August 2021, Middle Park

VRWC Events, If entering online, entries close Wednesday 11.59pm

If entering in person, entries close for all events at 1.40pm sharp

PRIZES FOR ALL WINNERS

2.15pm	12km Walk	Open
2.15pm	10km Walk	Open
2.15pm	5km Walk	Open
2.30pm	3km Walk	Open
2.30pm	1.5km Walk	Open

- The Olympic Games Athletics program kicked off last Friday 30th July and is continuing apace. While most events are being held in Tokyo, the walks and marathons will be held in Sapporo, in hopefully cooler conditions. The walks are scheduled on Thursday and Friday of this week. Good luck to our 6 walkers. I'll be glued to the TV.

Thursday 5 August	4:30PM	Olympic 20km Walk Men	Sapporo Odori Park	5:30PM AEST
Friday 6 August	5:30AM	Olympic 50km Walk Men	Sapporo Odori Park	6:30AM AEST
Friday 6 August	4:30PM	Olympic 20km Walk Women	Sapporo Odori Park	5:30PM AEST

- The VRWC Points Competitions have now been finalised: <https://www.vrwc.org.au/vrwcpointscmps.shtml>

VICTORIAN ROADWALK CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 1ST AUGUST 2021

We did not find out until mid week whether our Victorian covid restrictions would be eased sufficiently to allow the Victorian Roadwalk Championships to take place on Sunday morning. The news was good so our walkers had to quickly decide whether to enter before entries closed. Perhaps unsurprisingly, we only saw 40 walkers turn out to race in what was our smallest championship meet field for quite some time. Covid-19 is certainly taking its toll on us all. Well done to those who did turn out and brave the cold conditions.

The long walks were first off, at 8:30AM, with **Mark Blackwood** leading them out. He finished as the fastest in the AMA 20km postal walk (1:45:44) and then continued on to win the Victorian 30km Championship (his first time over 30km since returning to walking in 2017) with 2:38:39. **Sarah Brennan** was the only woman in the field and she finished the Masters 20km with 1:55:47, only 1 minute outside her PB.

AV Open 30km Championship and VRWC Ray Smith Championship

1.	Mark Blackwood	Knox	2:38:39	First 30km
	Pramesh Prasad	VMA	DNF	

AMA 20km Championship (Victorian Race)

1.	Mark Blackwood	40-44	1:45:44	
2.	Kevin Cassidy	60-64	1:53:27	
3.	Pramesh Prasad	45-49	1:58:00	
4.	Terry O'Neill	65-69	2:05:58	
5.	Andrew Jamieson	75-79	DNF	15km - 1.34.06

1.	Sarah Brennan	45-49	1:55:47	
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VRWC Open 20km

1.	Madeleine Feain	VRWC	1:59:41	
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Our junior walkers were contesting the Victorian U20, U18, U16 and U14 roadwalk championships, with a number of excellent walks. **Will Thompson** (U20 10km in 41:57), **Fraser Saunder** (U18 10km 47:47) and **Marcus Wakim** (U16 5km 23:57) were the standouts.

AV U20 10km Championship

1.	Will Thompson	MPA	41:57
2.	Heath Beveridge	WES	49:47
1.	Char Hay	KNA	56:35

AV U18 10km Championship Men

1.	Fraser Saunder	BYC	47:47	PB 1:15
2.	Eden Morgan	KNA	57:31	First 10km

AV U18 5km Championship

1.	Emily Smith	KNA	29:02	
2.	Jade Chitty	WES	30:19	
3.	Kaylah Heikkila-Dubowik	BEL	32:49	

AV U16 5km Championship

1.	Marcus Wakim	COL	23:57	
2.	Riley Coughlan	KNA	25:18	PB 0:09
3.	Scott Peart	BYC	28:09	PB 0:15
1.	Ariana Pashutina	KNA	25:50	
2.	Maddison Nash	KNA	28:43	

AV U14 3km Championship

1.	Daniel Pashutin	KNA	16:16	
1.	Mietta Morgan	KNA	18:04	
2.	Charlotte MacDonell	BYC	19:03	PB 0:02
3.	Lula Parrott	DON	22:24	

The program was rounded out by a series of VRWC championship and non-championship events.

VRWC Open 10km Championship Women - Mabel Robinson Trophy

1.	Char Hay	VRWC	56:35	
2.	Claire Samanna	VRWC	1:00:10	
3.	Heather Carr	VRWC	1:09:39	
4.	Donna-Marie Elms	VRWC	1:10:39	

VRWC 12 Years 2km Championship

1.	Damian Baldy	VRWC	11:10	
2.	Levi Robertson	VRWC	12:45	

VRWC 10 Years 2km Championship

1.	Ela Uzun	VRWC	10:00	
2.	Havana Ali	VRWC	11:18	PB 0:05
3.	Julia Baldy	VRWC	14:27	First one
1.	Haris Ali	VRWC	16:04	
2.	Lachlan MacDonell	BRWC	16:25	First one
	Aydin Uzun	VRWC	DQ	

VRWC Open 5km

1.	Marnie Grace	VRWC	35:00	
2.	Karyn O'Neill	VRWC	36:04	
3.	Gwen Steed	VRWC	37:42	

VRWC Open 2km

1.	Donna Marie Elms	VRWC	12:41	
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Thanks as always to our many judges, officials and helpers who ensured a successful morning's racing.

Officials: Mark Donahoo, Ian Laurie, Darlene Swan, Donna Dickson, Ralph Bennett, Michael Bodey, Karyn O'Neill

Judges: Kathleen Marsh (C), Brenda Felton, Shane Dickson, David Cash, Diane Lowden, Gordon Loughnan, Peter Price, Stuart Cooper, Peter Vysma (Recorder)

Set up & Pack up: Stuart Cooper, Shane Dickson, Terry Swan and others

Photographer: Terry Swan (see <https://www.facebook.com/photo/?fbid=10225431808122937&set=pcb.10159242694393911>)

Presentations: Mark Donahoo, Stu Cooper



Fraser Saunder, Will Thompson, Mark Blackwood and Sarah Brennan



Charlotte MacDonell, Marcus Wakim, Havana Ali and Julia Baldy (photos Terry Swan)

ATHLETICS TASMANIA ROADWALK CHAMPIONSHIPS, SEVEN MILE BEACH, SATURDAY 31 JULY 2021

With Covid-19 lockdowns in Queensland, NSW and SA, the results from interstate are pretty sparse. Firtly, off to Tasmania where Thanks to Dave Moore reports:

Very mild conditions greeted our walkers for the Athletics Tasmania Road Walk Championships at Seven Mile Beach today. Competing in the first event of the day the O/40 10km were two of our walking stalwarts, **Ron Foster** and **Wayne Fletcher**. Ron built an unassailable lead by the six-kilometre mark to add another State Title to his trophy cabinet.

Our younger age groups did themselves proud. Many of them walked much longer distances than they normally compete at and did PB's across their respective race splits.

In the 2km Events, **Macy Devine** for her U12 event put in a strong performance to lead the rest of the 2km field home. Macy averaged just under 6 minutes per kilometre pace and is well on the way to faster times.

The race for the Gold in the U11 Boys was tight tussle between **Max Kull** and **Mitchell Hall**. With 500m to go it was anybody's race. At the finish line, Max took home the Gold by a mere second.

Amelia Watson took out the U11 Girls 2km event and impressed coaches and judges with her stylish Walking.

The Girls U14 3km, pitted Kingborough Little Athletics Club teammates **Emily Kull** and **Lily Carr** against each other. At the halfway mark there was not much in it, but Emily surged ahead in the 2nd half of the race for a solid win.

3000m Women

1.	MILLE Agathe	CAF/04	France	14:24.60
2.	VILLAR NIETO Silvia	CAF/04	Spain	14:35.59
3.	LANE Aisling	CAF/05	Ireland	16:07.02

5000m Men

1.	RODRIGUEZ ROJAS Pablo	CAM/04	Spain	20:59.60
2.	BENJELLOUN-TOUIMI Leo	CAM/04	France	22:40.94
3.	O'BRIEN Jake	CAM/04	Ireland	23:09.60

OUT AND ABOUT

- Congratulations to 3 of our Melbourne based walkers who have been acknowledged at the Athletics Victoria 2021 Annual General Meeting for their services to Athletics.

50 Year Service Awards

Tony Doran (Glenhuntly)

Ian Handashyde (Old Scotch)

Andrew Jamieson (Old Scotch)

- A nice article on the rise of Mexican racewalking: *How Mexico avoided Olympics embarrassment by becoming a racewalking power*. See <https://www.latimes.com/sports/olympics/story/2021-07-31/tokyo-olympics-mexico-racewalkers-history>.
- And a wonderful article on the 18th and 19th century origins of racewalking: Pedestrianism was a sport of epic rivalries, eye-watering salaries, feverish nationalism, eccentric personalities and six-day, 450-mile walks. Well worth a read: <https://www.bbc.com/future/article/20210723-the-strange-19th-century-sport-that-was-cooler-than-football>.
- The Isle of Man's great distance walker **Dereck Harrison** died in mid July. British readers in particular will remember Dereck for his many fine ultra-distance walks at home, in the UK and in Europe. He also made the I.O.M. Commonwealth Games team and must be among the best ever athletes the Isle of Man has seen (and that is quite a group when you add John Cannell, Graham Young and Murray Lambden etc.). There are 2 reports on the Parish Walk website, one by Allan Callow and one by Dave Griffiths. Well worth a read - https://www.parishwalk.com/news_story_687929.html.
- The CEO of the US Anti-Doping Agency, Travis Tygart, has dismissed the punishment handed down for Russia's state sponsored doping program as a "farce". WADA has banned official Russian teams from Tokyo 2020, the 2022 Winter Olympics and the 2022 World Cup as a punishment for covering up a massive state-sponsored doping programme. The country's flag and anthem are banned too. However, Russian athletes can still compete as neutrals – in both individual and team events – if they have not been banned for doping. The WADA ban was originally four years before it was halved by the court of arbitration for sport last year. I agree - it's a joke. See <https://www.theguardian.com/sport/2021/jul/31/us-anti-doping-chief-dismisses-russian-olympic-ban-as-a-farce>.
- The World Athletics Council announced at its meeting in Tokyo last week that the 2022 World Athletics Race Walking Team Championships will be held in Muscat. Brilliant move by WA to take the event away from a repressive European country (Belarus) and give it to an oppressive Middle Eastern country (Oman). If you want to read about Oman, check out <https://www.amnesty.org/en/countries/middle-east-and-north-africa/oman/report-oman/>. Yet another indication that human rights abuses do not really factor in WA decisions. I am told that it is to be scheduled in March. Did WA bother to check the temperatures in Oman in that time of the year? The average daily max temps for March and April are 30°C and 35°C respectively. Wonderful! Have they learnt nothing from the 2019 World Championships in Doha. It only confirms to me what they really think of racewalking - an uncomfortable boil on the bottom that needs to be continually excised.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 3 press releases this week

- Fri 30 Jul - Muscat (Oman) will host the World Race Walking Team Championship in 2022
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4152
- Mon 26 Jul - Remembering Jefferson Perez's 1996 Olympic victory
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4151
- Sun 25 Jul - Huelva (ESP) - The 70th edition of the Spanish U18 track championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4150

while Omarchador has 7 press releases from around the world.

- Sun 1 Aug - 2022 World Team Championships in Sultanate of Oman
<https://omarchador.blogspot.com/2021/08/campeonato-mundial-de-selecoes-de-2022.html>
- Sat 31 Jul - Portuguese Olympic walkers (1984-2016): Pedro Isidro, Miguel Carvalho and Daniela Cardoso
https://omarchador.blogspot.com/2021/07/marchadores-olimpicos-portugueses-1984_01207201083.html
- Fri 30 Jul - Spanish Under-18 Championships (track) in Huelva - results
<https://omarchador.blogspot.com/2021/07/campeonatos-de-espanha-sub-18-pista-em.html>
- Thu 29 Jul - omarchador previews the Olympic walks
<https://omarchador.blogspot.com/2021/07/as-provas-de-marcha-nos-jogos-olimpicos.html>
- Wed 28 Jul - Portuguese Olympic walkers (1984-2016): António Pereira and Augusto Cardoso
https://omarchador.blogspot.com/2021/07/marchadores-olimpicos-portugueses-1984_28.html
- Tue 27 Jul - João Vieira and Ana Cabecinha at the Tokyo Olympic Games
<https://omarchador.blogspot.com/2021/07/joao-vieira-e-ana-cabecinha-nos-jogos.html>

OUR OLYMPIC WALKERS IN CAIRNS

Our 6 Olympic walkers have now flown to Sapporo after a 2 week training camp in Cairns. Thanks to Amanda Montag for a final few photos from north Queensland.



*Left: Jemima and Bec with Roy Vallance, the latest addition to our Australian racewalking family!
Right: Jemima, Katie and Bec training in the heat in Cairns*



Bec, Kyle, Jemima, Declan and Katie after training last week – only Rhydian missing from the photo (photos from Amanda Montag)

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions. It continues to change quickly as a result of COVID-19 issues.

Victorian Key Dates –2021

Aug 7(Sat), 2021	Next round of AV/VRWC Championships and Roadwalks	Middle Park, VIC
Sep 12 (Sun), 2021	Australian Roadwalk Championships	Middle Park, VIC

2021 World Athletics Race Walk Challenge

July 23 – Aug 8, 2021	32 nd Olympic Games Walks at Sapporo, JAP
Oct 9 (Sat), 2021	RW Challenge Meet, Mexico City, MEX
Oct 16 (Sat), 2021	Invitational Race Walking Meeting, Coatzacoalcos, MEX

Other International Dates

July 23 – Aug 8, 2021	32nd Olympic Games, Tokyo and Sapporo			
Aug 5 (Thursday)	4:30PM	Olympic 20km Walk Men	Sapporo Odori Park	5:30PM AEST
Aug 6 (Friday)	5:30AM	Olympic 50km Walk Men	Sapporo Odori Park	6:30AM AEST
Aug 6 (Friday)	4:30PM	Olympic 20km Walk Women	Sapporo Odori Park	5:30PM AEST
Aug 8-19, 2021	World University Summer Games , Chengdu, China (POSTPONED TILL 2022)			
Aug 20-21, 2021	18th World Athletics U20 T&F Championships , Nairobi, Kenya (POSTPONED FROM 2020)			
Nov 5-14, 2021	Pan Pacific Masters Games , Gold Coast, QLD (https://mastersgames.com.au/ppmg/)			

Jan 2022	Oceania Masters Championships , Norfolk Island (CANCELLED)
TBA, 2022	9th World Masters Indoor T&F Championships , Edmonton, Canada
Jun 29 – Jul 10, 2022	23rd World Masters T&F Championships , Tampere, Finland
Apr 23-24, 2022	29th World Athletics Race Walking Team Championships , venue TBA
July 15-24, 2022	18th World Athletics Championships , Eugene, USA
July 27 - Aug 7, 2022	XXII Commonwealth Games , Birmingham, GBR
Aug 11-21, 2022	European Athletics Championships , Munich, GER
TBA, 2022	19th World Athletics U20 T&F Championships , Cali, Colombia

TBA, 2023	24th World Masters T&F Championships , Gothenburg Sweden
Aug 2023 (TBC)	19th World Athletics Championships , Budapest, Hungary

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)